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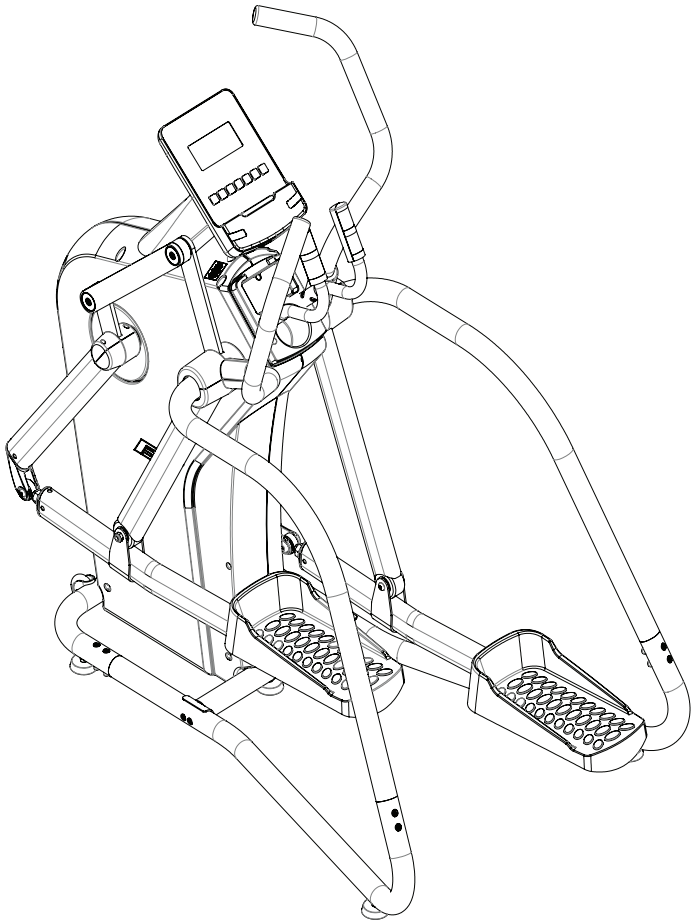

OWNER'S MANUAL

Important: Read all instructions carefully before using this product. Retain this owner's manual for future reference.

BH North America | 20155 Ellipse, Foothill Ranch, California 92610 | p.949.206.0330 | f.949.206.0350 | www.BHFitnessUSA.com

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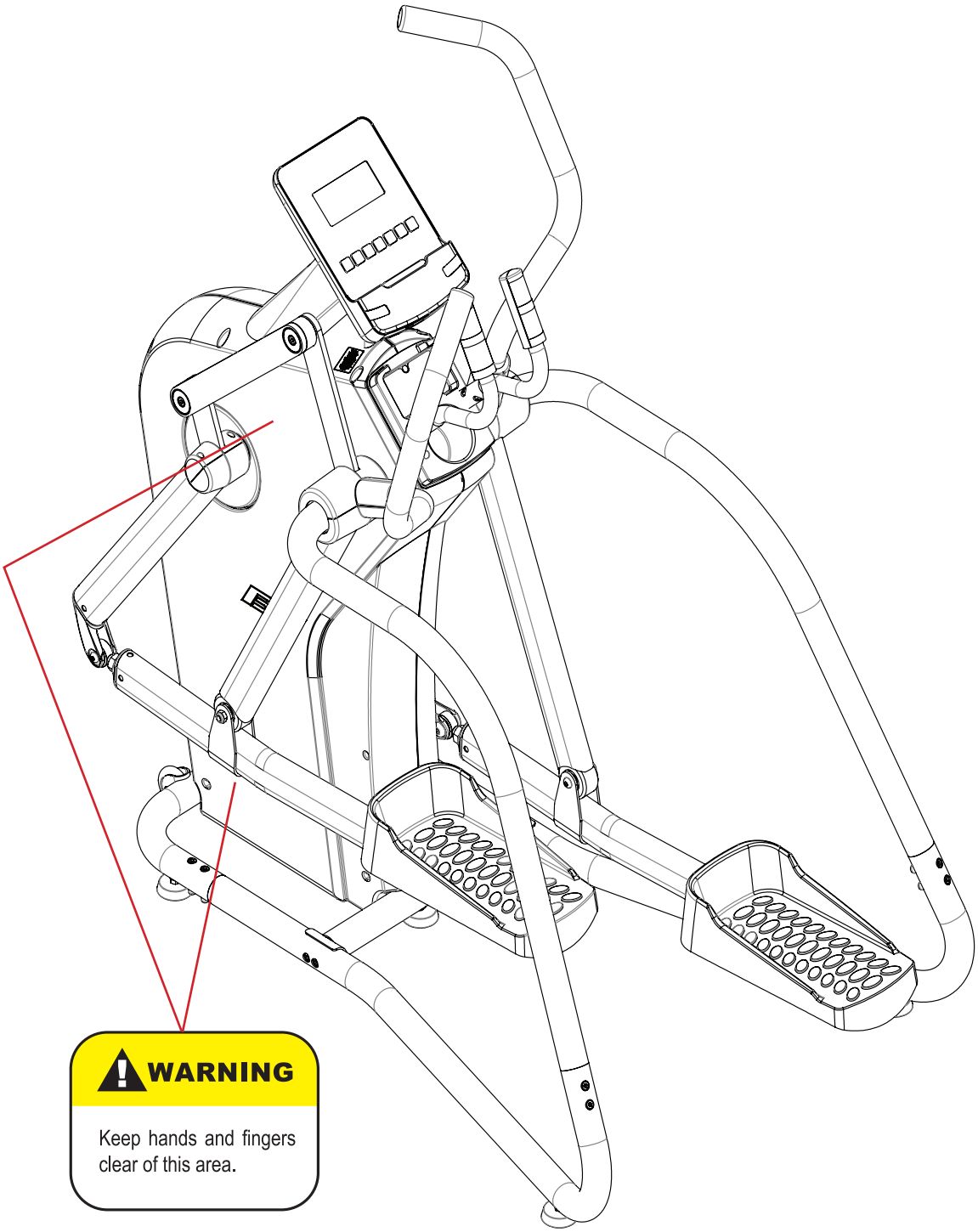
CONGRATULATIONS

Congratulations on your purchase of BH Fitness equipment. We hope you appreciate the style, quality, and value that exercisers around the world have come to expect from BH Fitness.

If you have any questions, concerns or product issues please call our Customer Service Team at 1-866-325-2339 or email us at CustomerSupport@BHNorthAmerica.com.

Carefully read through the instructions contained in this manual. They provide you with important information about assembly, safety, fitness and use of the machine. Please read ALL the safety information contained on the following page.

WARNINGS AND LABELS



SAFETY INFORMATION

PRECAUTIONS

This piece of equipment has been designed and constructed to provide maximum safety. Nevertheless, certain precautions should be taken when using exercise equipment. Read the whole manual before assembling and using the machine. Please observe the following safety precautions:

1. Keep children and pets away from this equipment at all times. DO NOT leave them unsupervised in the room where the machine is kept.
2. If you experience dizziness, nausea, chest pains or any other symptom while using this machine STOP the exercise. SEEK IMMEDIATE MEDICAL ATTENTION!
3. Use the machine on a level and solid surface. Adjust the feet for stability.
4. Keep your hands away from any of the joints and moving parts.
5. Wear clothing suitable for doing exercise. Do not wear baggy clothing that might get caught in the machine. Always wear athletic shoes when using the machine and tie the laces securely.
6. This machine must only be used for the purposes described in this manual. DO NOT use accessories that are not recommended by BH Fitness. Read manual prior to use and follow all warnings and instructions.
7. Do not place sharp objects near the machine.
8. Any person with physical or coordination limitations should not use the machine without the assistance of a qualified person or doctor. Misuse of this machine may result in serious injury.
9. Do warm-up stretching exercises before using the equipment.
10. Do not use the machine if it is not working correctly.
11. Before using the machine, thoroughly inspect the equipment for proper assembly.
12. Keep a perimeter of 3 feet (1 meter) around the machine before operating the equipment.
13. Use only authorized and trained technicians if a repair is needed.
14. Please follow the advice for correct training, as detailed in the Training Guidelines.
15. Use only the tools provided to assemble this machine.
16. Replace warning labels if damaged, illegible or removed.
17. This machine was designed for a maximum user weight of 300 lbs (136 kgs)
18. The machine can only be used by one person at a time.

Caution: Consult your doctor before beginning to use the machine or any exercise program. Read all of the instructions before using any exercise equipment.

KEEP THESE INSTRUCTIONS SAFE FOR FUTURE USE.

EXERCISE INSTRUCTION

Use of the machine offers various benefits; it can improve fitness, muscle tone and when used in conjunction with a calorie controlled diet, it can help you lose weight.

1. Consult your doctor before starting any exercise program. It is advisable to undergo a complete physical examination.
2. Work at the recommended exercise level. Do not over exert yourself.
3. If you feel any pain or discomfort, stop exercising immediately and consult your doctor.
4. Wear appropriate clothing and footwear for the exercise; do not wear loose clothing; do not wear leather soled shoes or footwear with high heels.
5. It is advised that you do warm-up stretches before working out.
6. Get on the equipment slowly and securely.
7. Select the program or workout option that is most closely aligned with your workout interests.
8. Start slowly and work your way up to a comfortable pace.
9. Be sure to cool down after your workout.

TRAINING GUIDELINES

Exercise is one of the most important factors in the overall health of an individual. Listed among its benefits are:

- Increased capacity for physical work (strength endurance)
- Increased cardiovascular (heart and arteries/veins) and respiratory efficiency
- Decreased risk of coronary heart disease
- Changes in body metabolism, e.g. losing weight
- Delaying the physiological effects of age
- Reduction in stress, increase in self-confidence, etc.

There are several components of physical fitness and each is defined below.

STRENGTH
The capacity of a muscle to exert a force against resistance. Strength contributes to power and speed.

MUSCULAR ENDURANCE
The capacity to exert a force repeatedly over a period of time, e.g. it is the muscular endurance of your legs to carry you 10 km without stopping.

FLEXIBILITY
The range of motion of your joints. Improving flexibility involves the stretching of muscles and tendons to maintain or increase suppleness, and it provides increased resistance to muscle injury or soreness.

CARDIO-RESPIRATORY ENDURANCE
The most essential component of physical fitness. It is the efficient functioning of the heart and lungs.

AEROBIC FITNESS
Is an exercise of relatively low intensity and long duration, which depends primarily on the aerobic energy system. Aerobic means "with oxygen", and refers to the use of oxygen in the body's metabolic or energy-generating process. Many types of exercise are aerobic, and by definition are performed at moderate levels of intensity for extended periods of time.

ANAEROBIC TRAINING
Is an exercise intense enough to trigger anaerobic metabolism. This means “without oxygen” and is the output of energy when the oxygen supply is insufficient to meet the body’s long term energy demands. (For example, a 100 meter sprint.)

OXYGEN UPTAKE
The effort that you can exert over a prolonged period of time is limited by your ability to deliver oxygen to the working muscles. Regular vigorous exercise produces a training effect that can increase your aerobic capacity by as much as 20 to 30%. An increased VO2 Max indicates an increased ability of the heart to pump blood, of the lungs to ventilate oxygen, and of the muscles to take up oxygen.

THE TRAINING THRESHOLD
This is the minimum level of exercise which is required to produce significant improvements in any physical fitness parameter.

OVERLOAD
This is where you exercise above your comfort level. The intensity, duration and frequency of exercise should be above the training threshold and should be gradually increased as the body adapts to the increasing demands. As your fitness level improves, the training threshold should rise. Working through your program and gradually increasing the overload factor is important.

PROGRESSION
As you become more fit, a higher intensity of exercise is required to create an overload and therefore provide continued improvement.

SPECIFICS
Different forms of exercise produce different results. The type of exercise that is carried out is specific to the muscle groups being used and to the energy source involved. There is little transfer of the effects of exercise, i.e. from strength training to cardiovascular fitness. That is why it is important to have an exercise program tailored to your specific needs.

REVERSIBILITY
If you stop exercising or do not do your program often enough, you will lose the benefits you have gained. Regular workouts are the key to success.

WARM-UP
Every exercise program should start with a warm-up where the body is prepared for the effort to come. It should be gentle and preferably use the muscles group to be involved later. Stretching should be included in both your warm-up and cool down, and should be performed after 3-5 minutes of low intensity aerobic activity or calisthenic type exercise.

WARM DOWN OR COOL DOWN
This involves a gradual decrease in the intensity of the exercise session. Following exercise, a large supply of blood remains in the working muscles. If it is not returned promptly to the central circulation, pooling of blood may occur in the muscles.

HEART RATE

As you exercise, your heart beat increases. This is often used as a measure of the required intensity of an exercise. You need to exercise hard enough to condition your circulatory system, and increase your pulse rate, but not enough to strain your heart.

Your initial level of fitness is important when developing an exercise program for you. When starting, you can get a good training effect with a heart rate of 110-120 beats per minute (BPM). If you are more fit, you will need a higher threshold of stimulation.

To begin with, you should exercise at a level that elevates your heart rate to about 65 to 70% of your maximum. If you find this is too easy, you may want to increase it, but it is better to lean on the conservative side.

As a rule of thumb, the maximum heart rate is 220 minus your age. As you increase in age, your heart, like other muscles, loses some of its efficiency. Some of its natural loss is won back as fitness improves. The following table is a guide to those who are "starting fitness."

Age Target Heart Rate	25	30	35	40	45	50	55	60	65
10 Second Count	23	22	22	21	20	19	19	18	18
Beats per Minute	138	132	132	126	120	114	114	108	108

PULSE COUNT

The pulse count (on your wrist or carotid artery in the neck, taken with two index fingers) is done for ten seconds, taken a few seconds after you stop exercising. This is for two reasons: (a) 10 seconds is long enough for accuracy, (b) the pulse count is to approximate your BPM rate at the time you are exercising. Since heart rate slows as you recover, a longer count isn't as accurate.

The target is not a magic number, but a general guide. If you're above average with your fitness, you may work comfortably a little above that suggested for your age group. The following table is a guide.

Age Target Heart Rate	25	30	35	40	45	50	55	60	65
10 Second Count	26	26	25	24	23	22	22	21	20
Beats per Minute	156	156	150	144	138	132	132	126	120

Don't push yourself too hard to reach the figures on this table. It can be very uncomfortable if you over exercise. Let it happen naturally as you work through your program. Remember, the target is a guide, not a rule, a little above or below is just fine.

Two final comments: (1) don't be concerned with day to day variations in your pulse rate, being under pressure or not enough sleep can affect it; (2) your pulse rate is a guide, don't become a slave to it.

MUSCLE SORENESS

For the first week or so, muscle soreness may be the only indication you have that you are on an exercise program. This, of course, does depend on your overall fitness level. A confirmation that you are on the correct program is a very slight soreness in most major muscle groups. This is quite normal and will disappear in a matter of days.

If you experience major discomfort, you may be on a program that is too advanced, or you have increased your program too rapidly.

If you experience PAIN during or after exercise, your body is telling you something. Stop exercising and consult your doctor.

WHAT TO WEAR

Wear clothing that will not restrict your movement in any way while exercising. Clothes should be light enough to allow the body to cool. Excessive clothing that causes you to perspire more than you normally would gives you no advantage. The extra weight you lose is body fluid and will be replaced with the next glass of water you drink. Always wear a pair athletic shoes.

BREATHING DURING EXERCISE

Do not hold your breath while exercising. Breathe normally as much as possible. Remember, breathing involves the intake and distribution of oxygen, which feeds the working muscles.

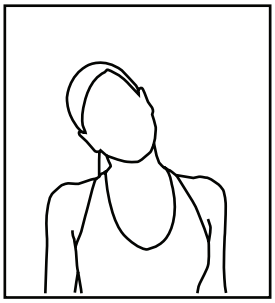
REST PERIODS

Once you start your exercise program, you should continue through to the end. Do not break off halfway through and then restart at the same place later on without going through the warm-up stage again. The rest period required between exercises may vary from person to person.

SUGGESTED STRETCHES

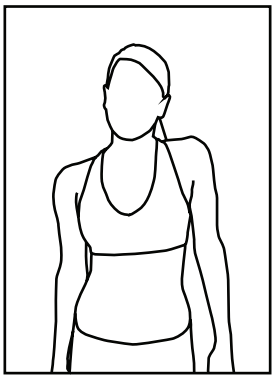
Head Rolls

Rotate your head to the right for one count while feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



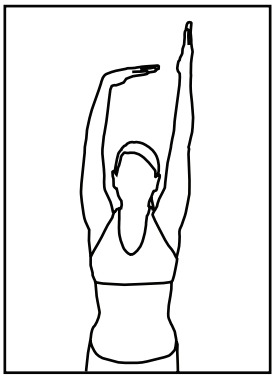
Shoulder Lifts

Lift your left shoulder up toward your ear for one count. Then lift your right shoulder up for one count as you lower your left shoulder.



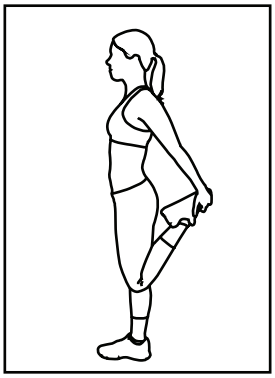
Side Stretches

Open your arms to the side and continue lifting them until they are over your head. Reach your left arm as far upward as you can for one count. Feel the stretch up your left side. Repeat this action with your right arm.



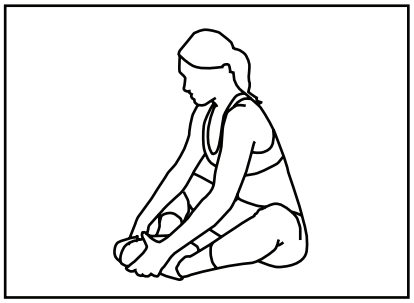
Quadriceps Stretch

With one hand against a wall for balance, reach behind you and pull your left foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with right foot up.

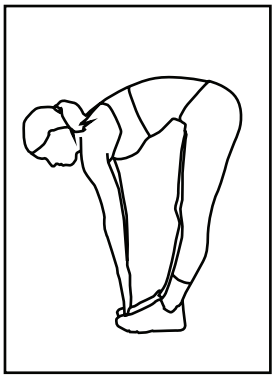


SUGGESTED STRETCHES

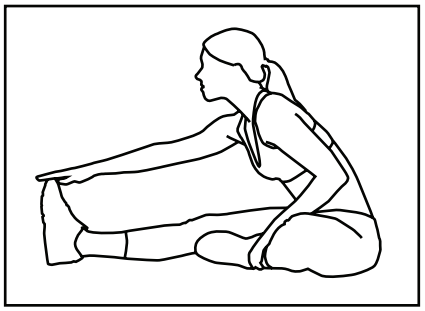
Inner Thigh Stretch
Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.



Toe Touches
Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.

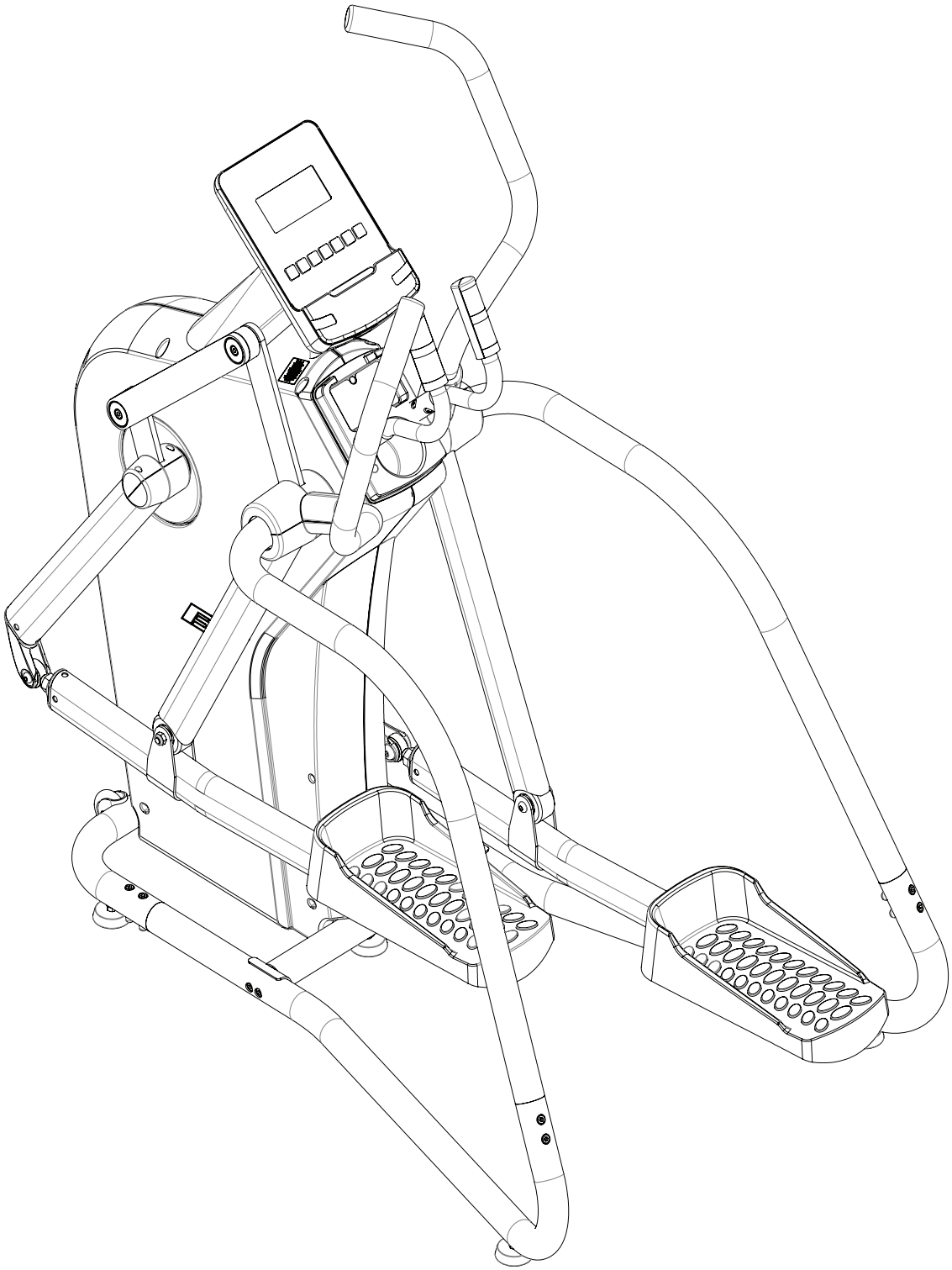


Hamstring Stretches
Sit with your right leg extended. Rest the soles of your left foot against your right inner thigh. Stretch toward your toes as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.



Calf/Achilles Stretches
Lean against a wall with your right leg in front of the left and your arms forward. Keep your left leg straight and the right foot on the floor; then bend the right leg and lean forward by moving your hip toward the wall. Hold, then repeat on the other side for 15 counts.

ASSEMBLY INSTRUCTIONS



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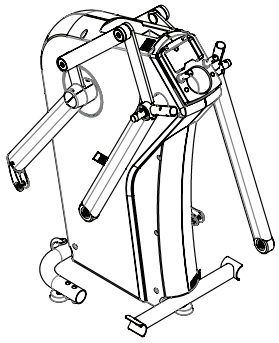

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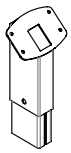

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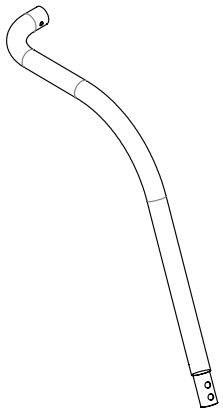

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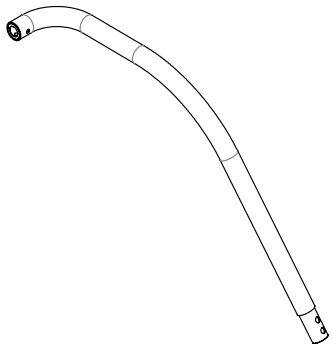

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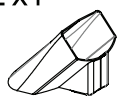

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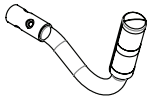

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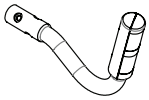

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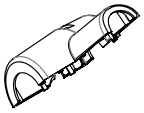

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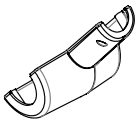

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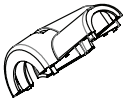

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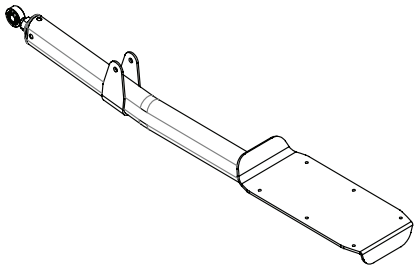

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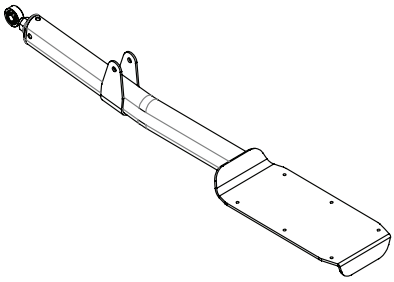

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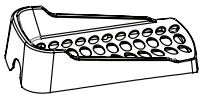

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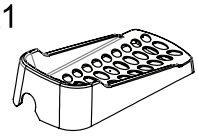

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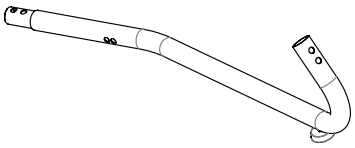

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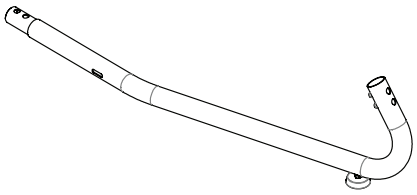

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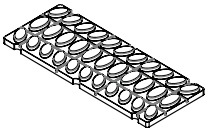

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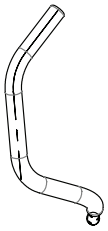

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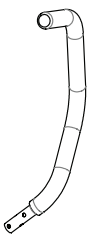

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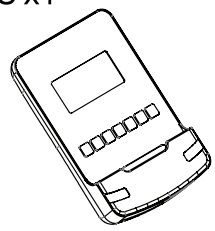

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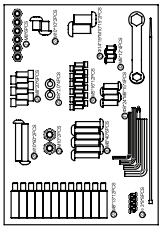

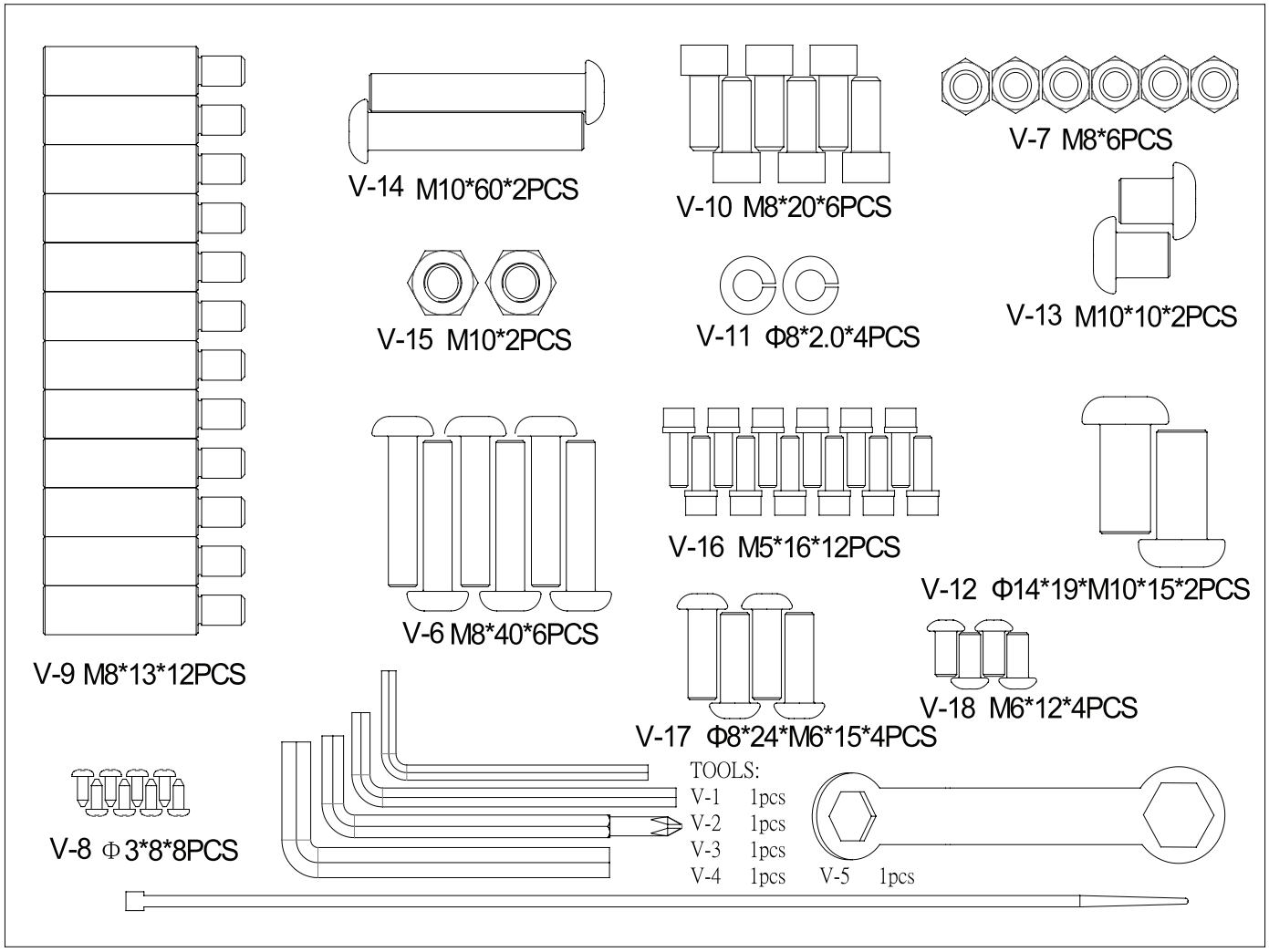
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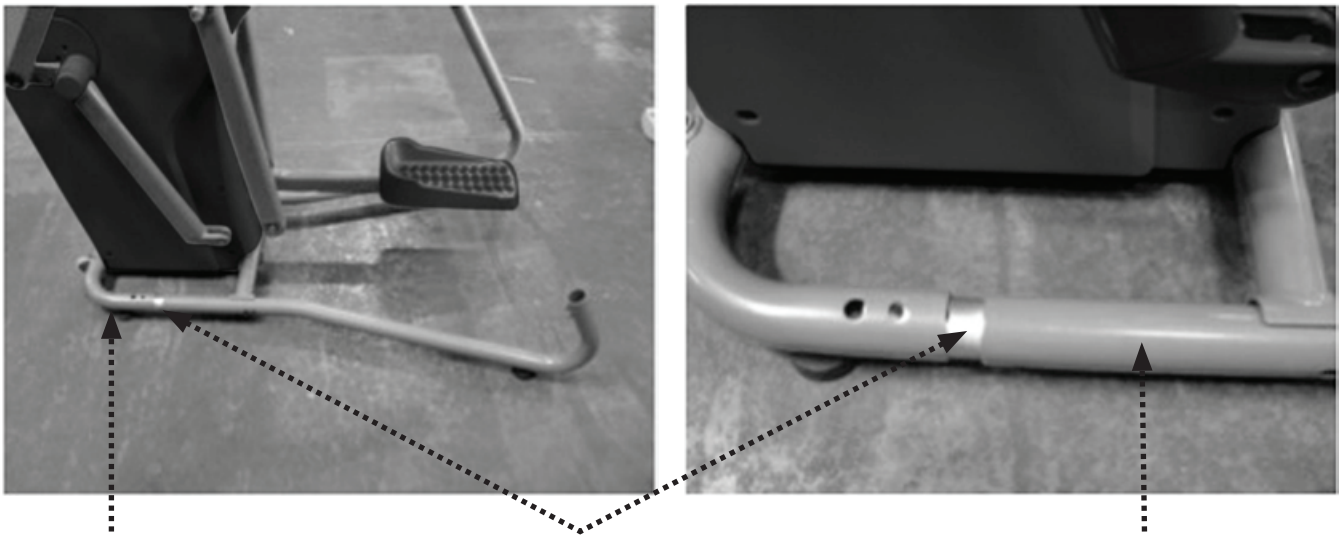
V-10 M8*20*6PCS
V-7 M8*6PCS
V-13 M10*10*2PCS
V-15 M10*2PCS
V-11 Φ8*2.0*4PCS
V-16 M5*16*12PCS
V-12 Φ14*19*M10*15*2PCS
V-6 M8*40*6PCS
V-18 M6*12*4PCS
V-17 Φ8*24*M6*15*4PCS
V-8 Φ3*8*8PCS
TOOLS:
V-1 1pcs
V-2 1pcs
V-3 1pcs
V-4 1pcs
V-5 1pcs

Φ =Diameter

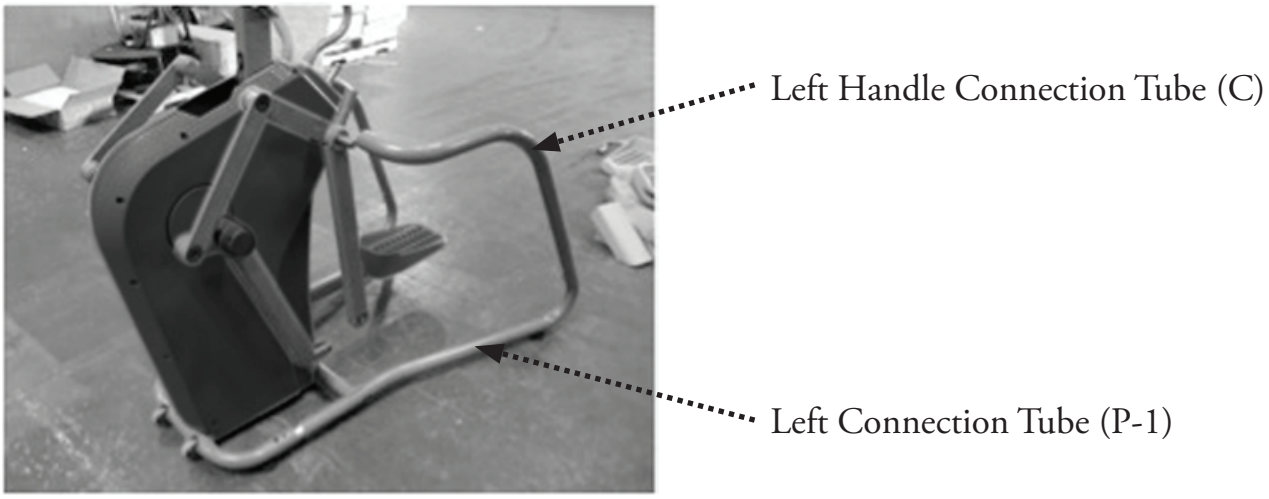
STEP 1

Insert Left Connection Tube (P-1) into the Main Frame Set (A) left lower tube but do not insert all the way as shown below.



STEP 2

Insert Left Handle Connection Tube (C) into Left Connection Tube (P-1) as shown below.



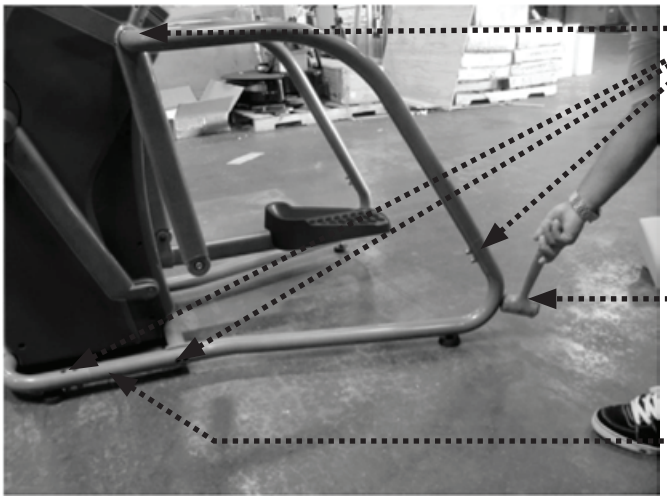
STEP 3

Insert Left Connection Tube (P-1) until the top part of Left Handle Connection Tube (C) aligns with mating spindle and insert as shown below.

The top part of Left Handle Connection Tube (C) aligns with mating spindle. Fasten using attachment hardware V-10 (2) and V-11(2).

STEP 4

Insert the Left Connection Tube (P-1) into Main Frame Set (A) until it seats. You may have to tap the Left handle connection tube (C) with a rubber mallet in order to seat all the way as shown below.



8 fastener holes.

Tap with a rubber mallet here.

Seated all the way in.

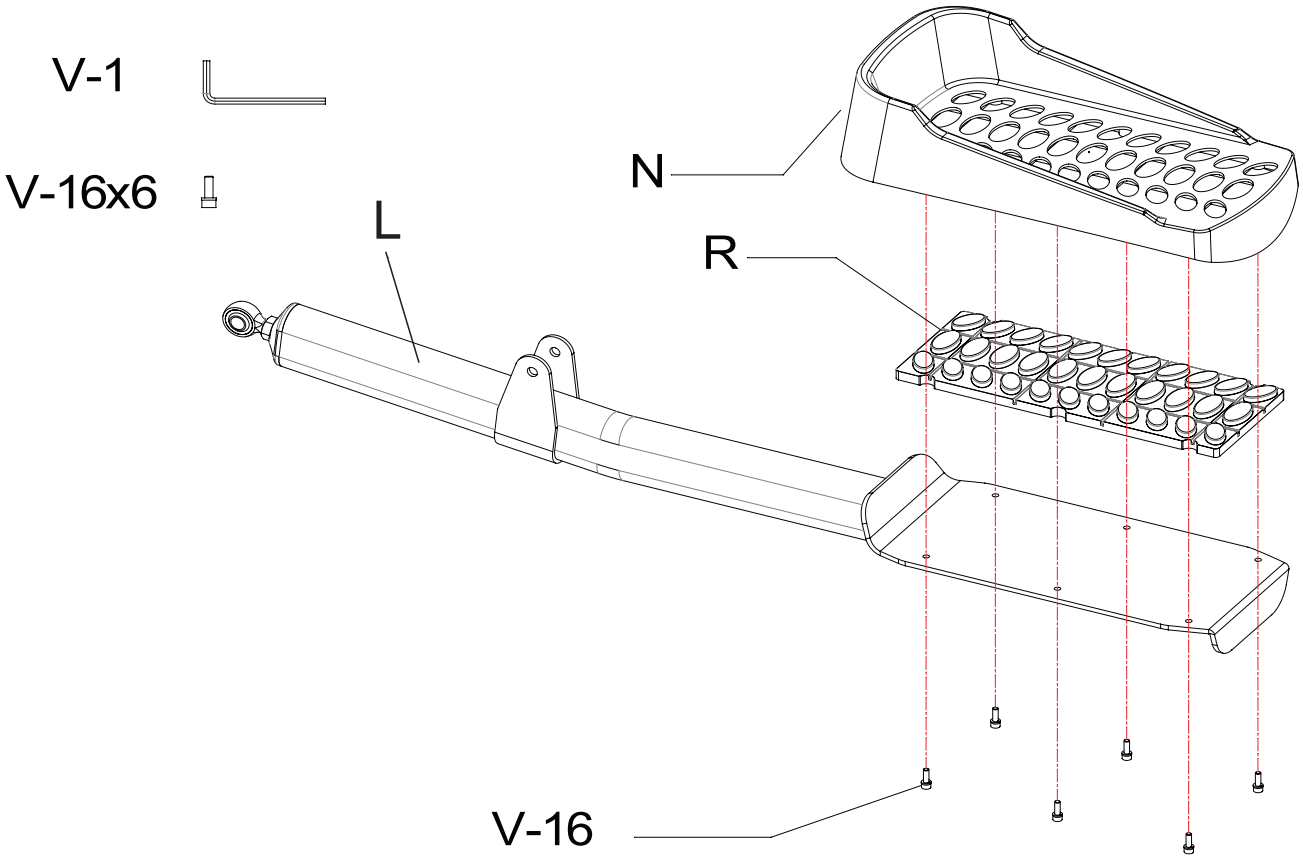
STEP 5

Make sure the 8 fastener holes are lined up, then use attachment hardware V-9 (6) for the six lower holes and V-10 (2) and V-11 (2) hardware in step 3 for the remaining two upper holes.

STEP 6

Follow the same assembly procedures as above to assemble the Right side.

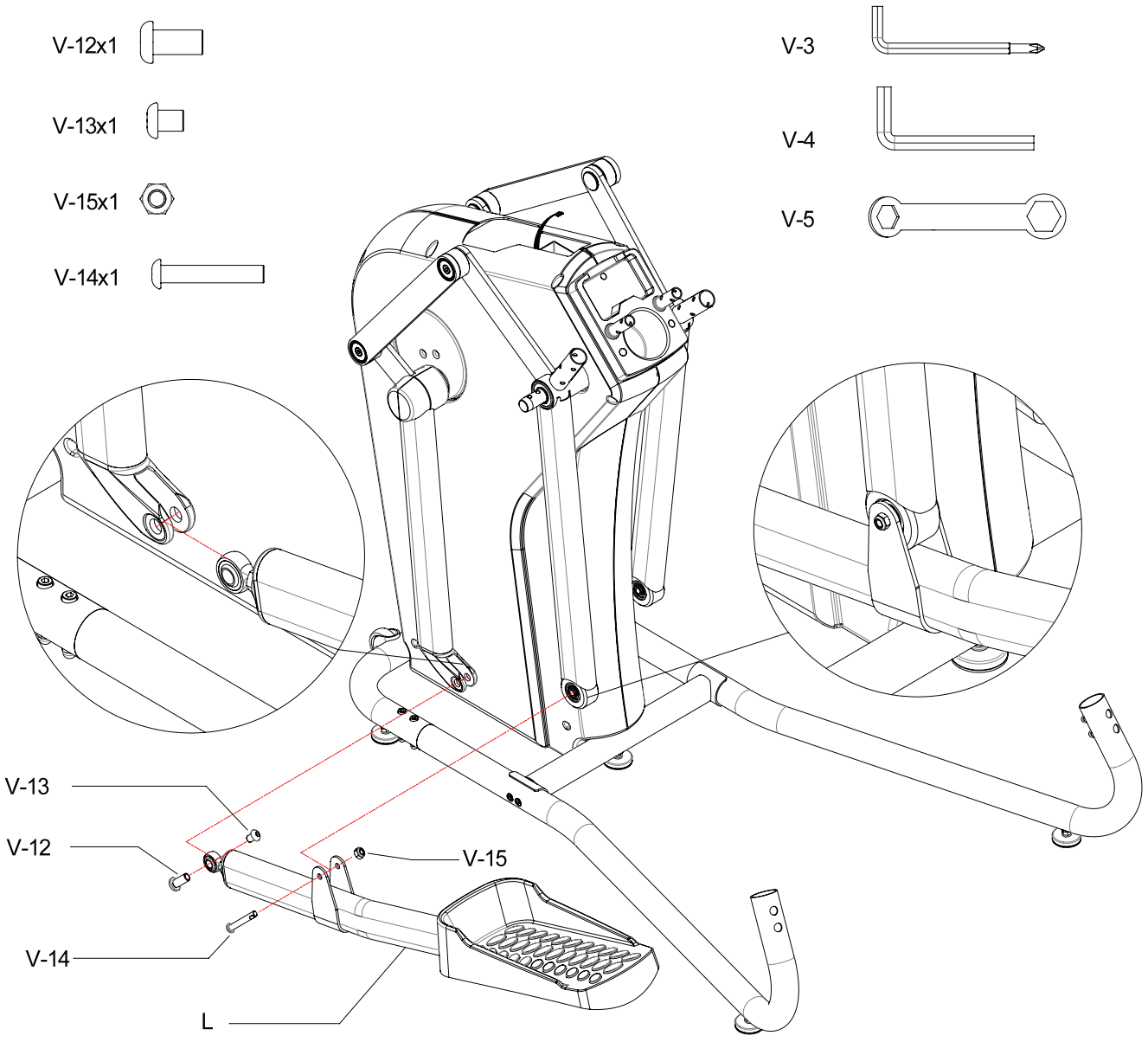
PEDAL & PEDAL POST DETAILS



STEP 7

Fasten the Left Pedal Post Set (L) onto both attachment arm mechanisms on the Main Frame Set (A) with the assembly hardware as shown below.

1. First step is to attach the bearing end of Left Pedal Post Set (L) onto the attachment mechanism using attaching hardware V-12 (1) and V-13 (1).
2. Second step is to attach the center support of the Left Pedal Post Set (L) onto the attachment mechanism using attaching hardware V-14 (1) and V-15 (1).

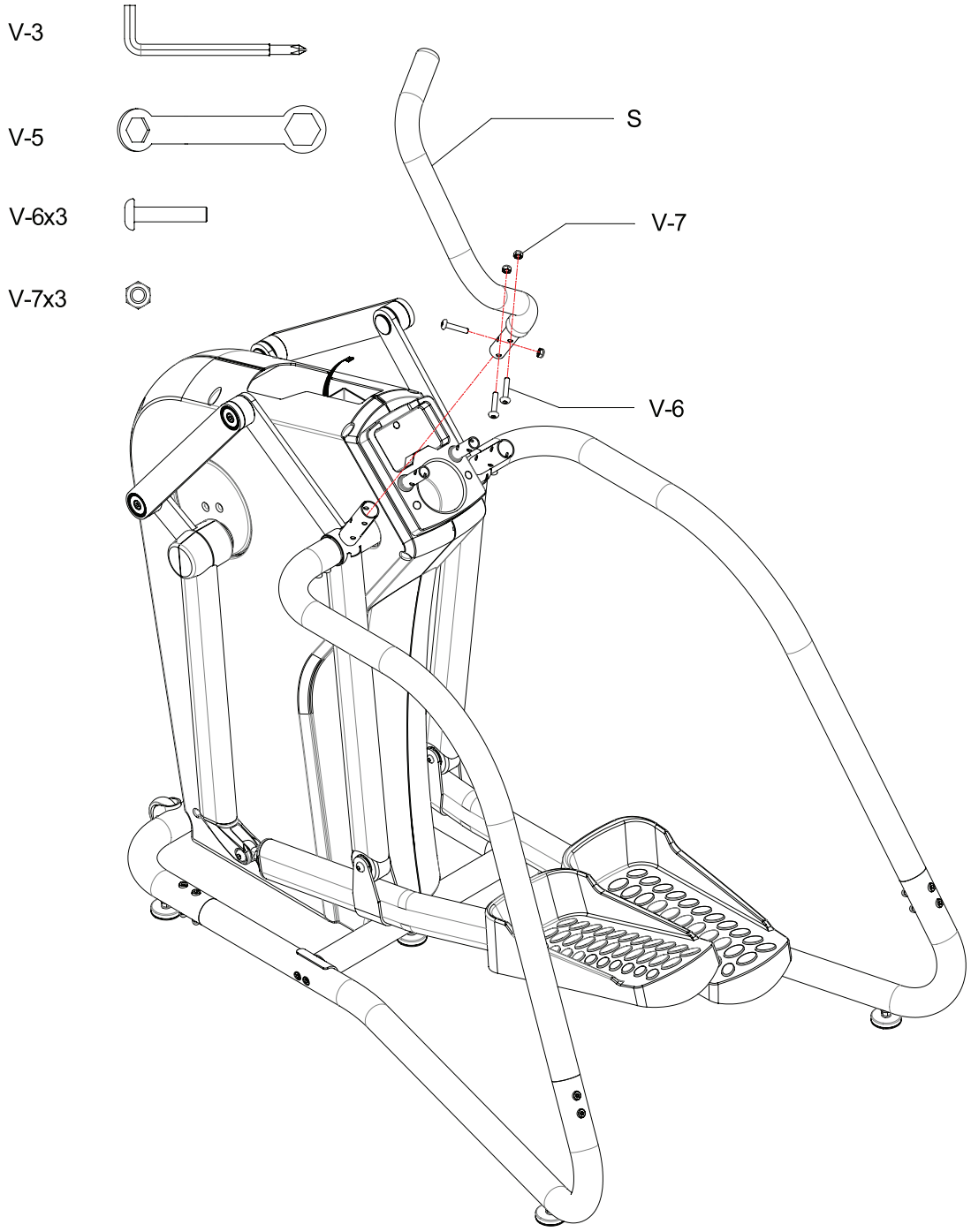


STEP 8

Follow the same assembly procedures as above to assemble the right side.

STEP 9

Attach Left Swing Post Set (S) using the attachment hardware V-6 (3) and V-7 (3) as shown below.

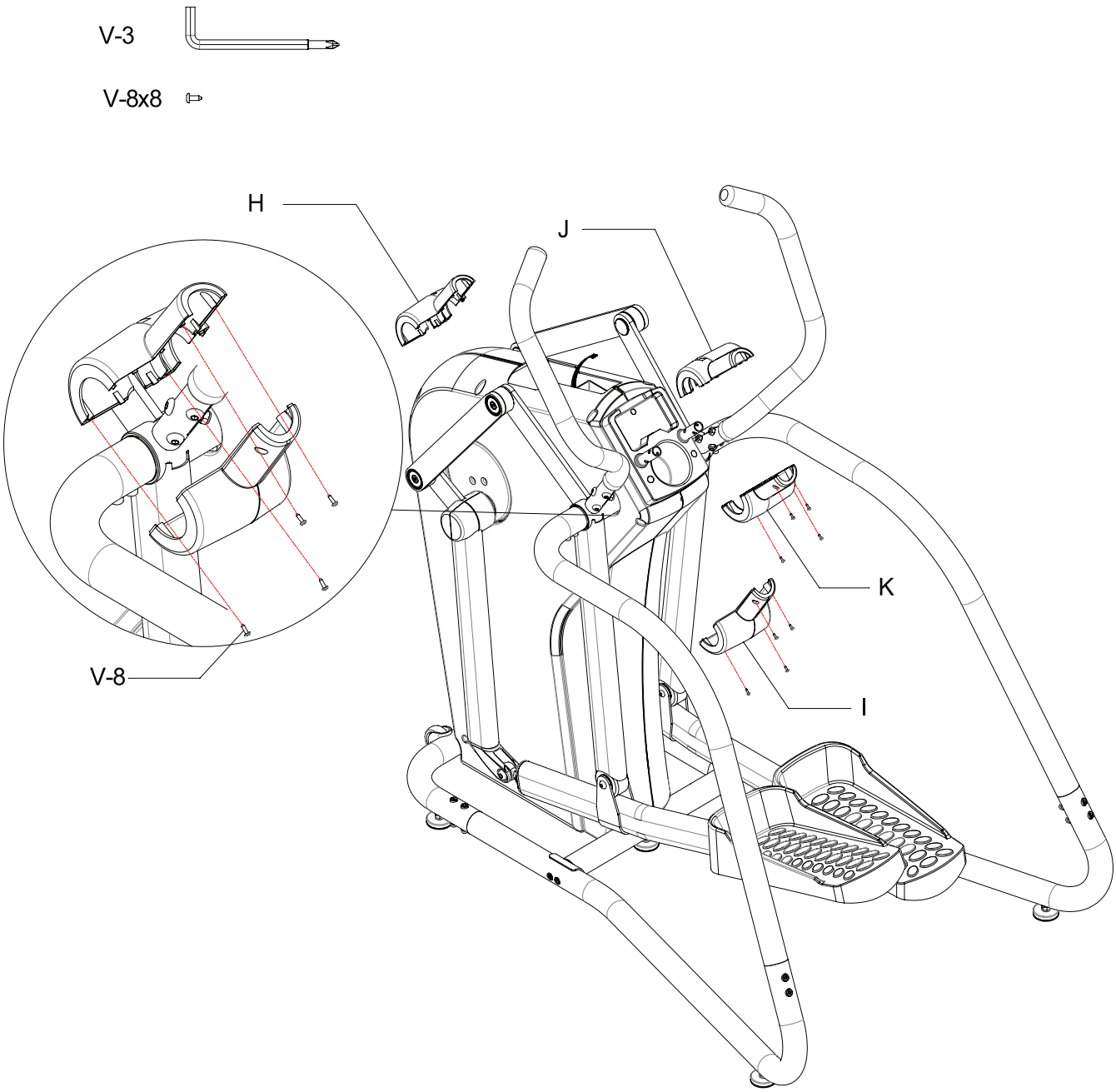


STEP 10

Follow the same assembly procedures as above to assemble the right side.

STEP 11

Attach Left Swing Arm Front Cover (H) and Left Swing Arm Rear Cover (I) using the attachment hardware V-8 (4).

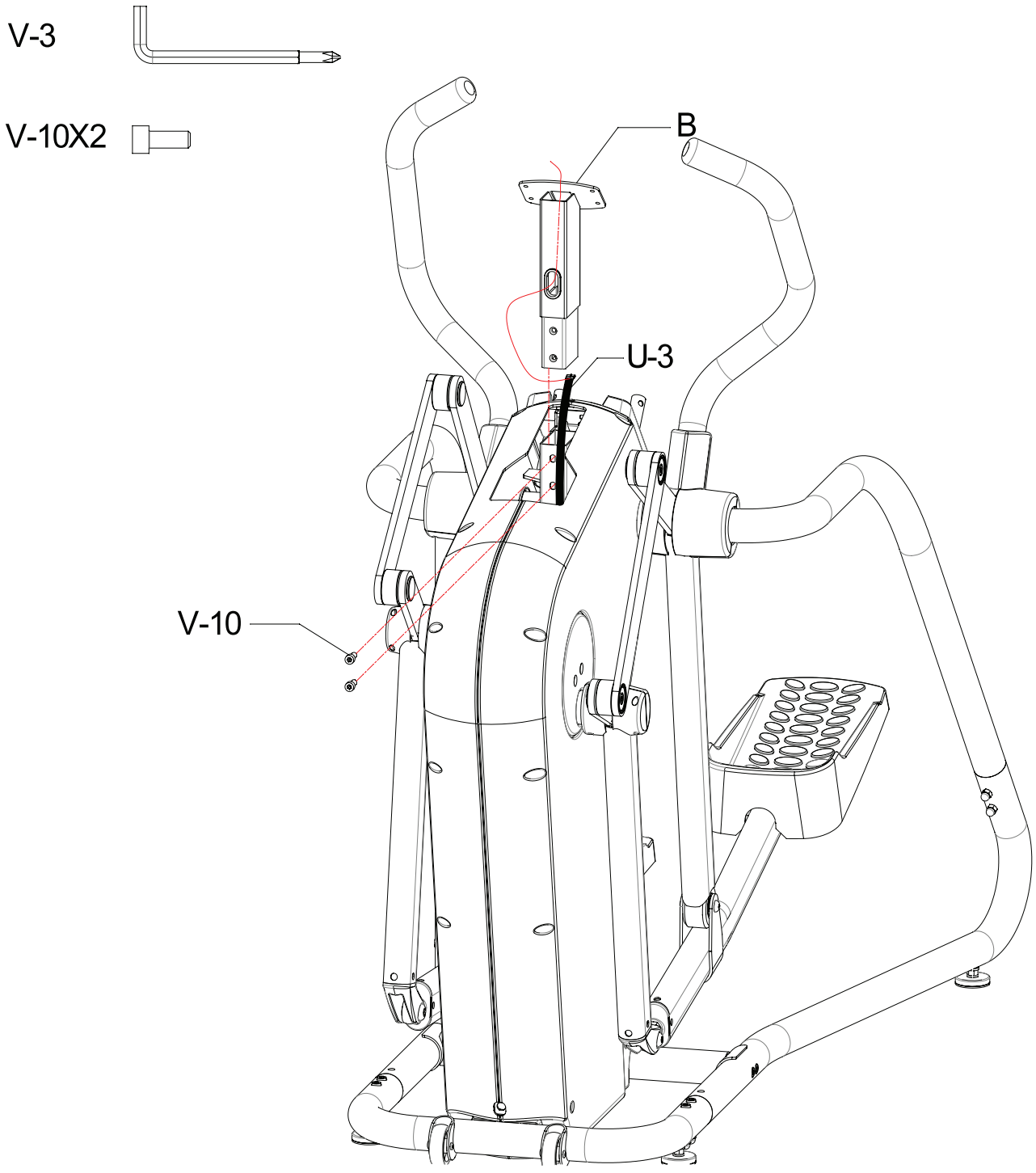


STEP 12

Follow the same assembly procedures as above to assemble the right side.

STEP 13

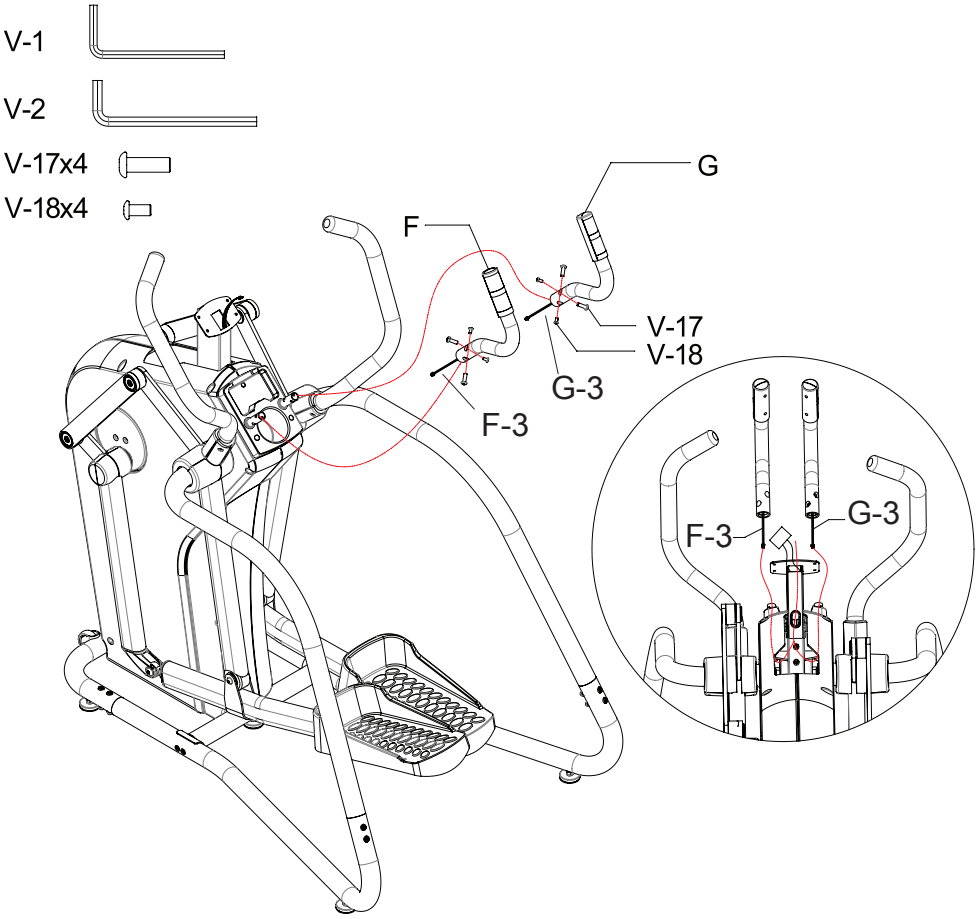
1. Attach the Computer Post (B-1) using attachment hardware V10 (2) as shown below.
2. Insert the Computer Cable in the opening at the rear of the Computer Post (B-1) and pull through the top opening as shown in the diagram below.



STEP 14

Attach Left Handle Bar Set (F) onto the attachment tube as shown in the photo below.

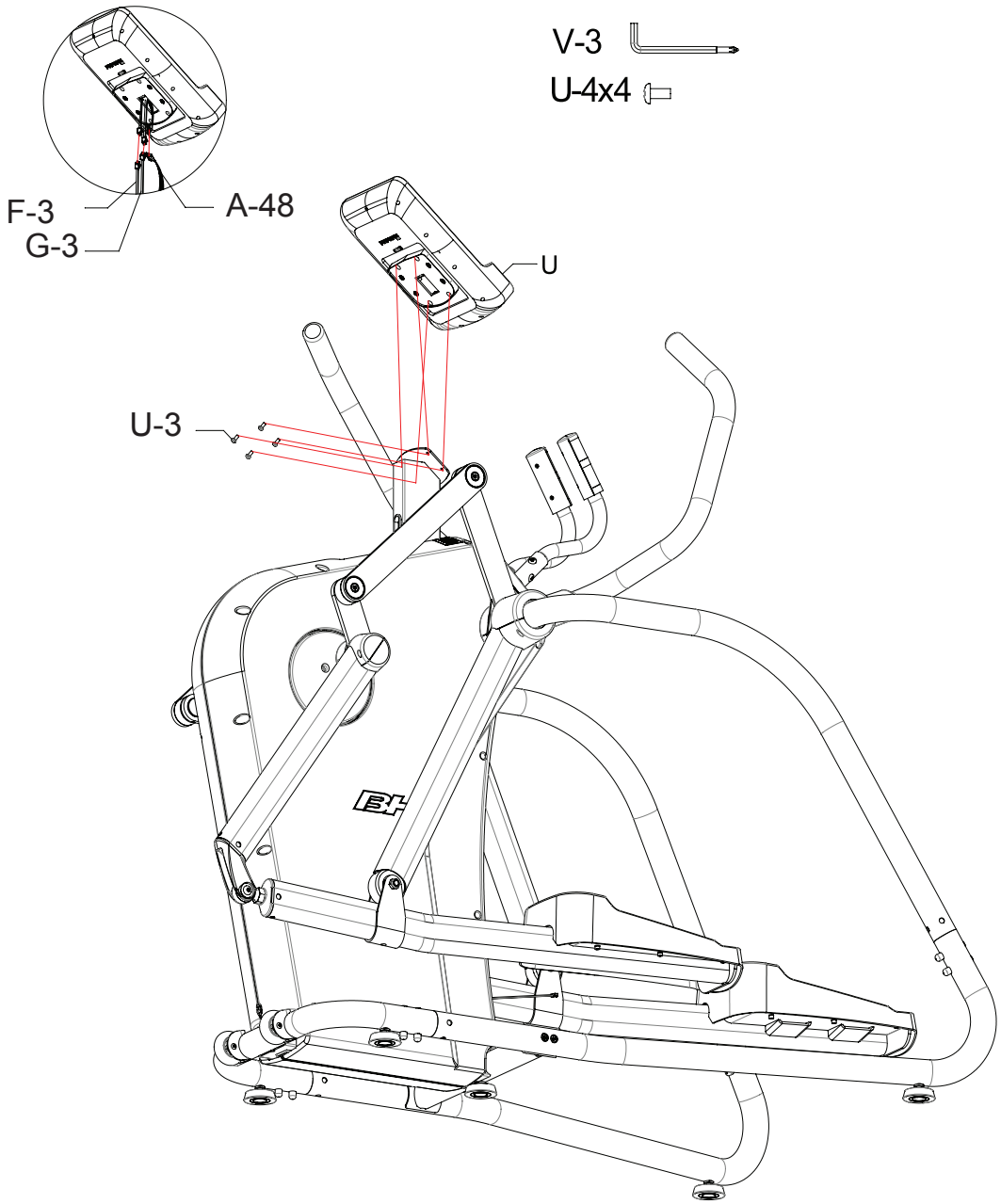
1. Insert the Sensor Wire (F-3) into the installation tube and pull through the top of the Computer Post (B-1) as shown in the photo's below.
2. Fasten the Left Handle Bar Set (F) onto the attachment tube using the attachment hardware V-17 (2) and V-18 (2).



Left Installation Tube | Sensor Wire (F3) | Computer Post (B-1)

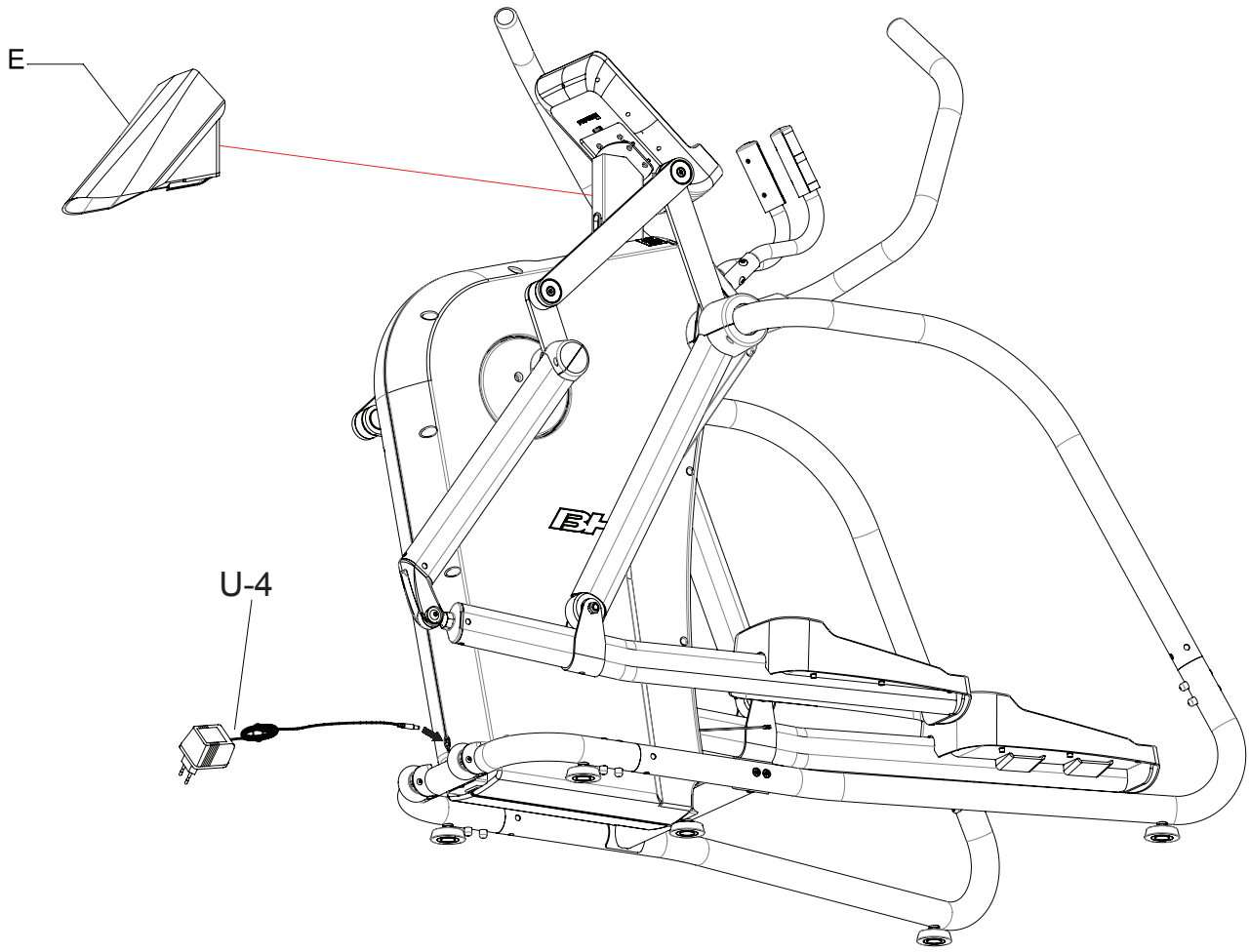
STEP 15
Follow the same assembly procedures as above to assemble the right side.

STEP 16
Attach Sensor Wires (F-3 and G-3) and Computer Cable (A-48) to the Computer Set (U) and fasten the Computer using attachment hardware U-3 (4) as shown in the diagram below.



STEP 17

Attach Computer Post Cover (E) and plug in Power Adaptor (U-4) as shown in the figure below.



CONSOLE OPERATIONS

SPECIFICATIONS:

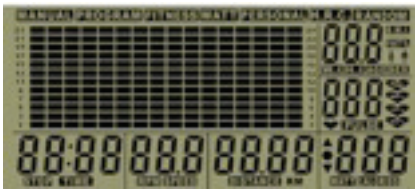
ENTER	To confirm all setting values
RESET	To reset all parameters to default value
START/STOP	To start or stop training
UP	To make upward setting change
DOWN	To make downward setting change
RECOVERY	In stop or start mode, pressing this button will start Heart Rate recovery status measurement. Time will count down from 60 seconds
QUICK START	Starts the machine without any preset program or data from user

FUNCTION:

TIME	Displaying the workout time while exercising
SPEED	Displaying the current speed
DISTANCE	Accumulating the distance while exercising
PULSE	30-240 BPM
CALORIES	Counts calories while exercising
RPM	Displaying crank speed in revolution per minute

POWER MODE

When the machine powers on, the display will light up with all numerals. After two seconds, it will enter the "user selecting" mode. If the user does not operate the machine, or the machine receives no signal after 4 minutes, the computer will enter an idol mode.



GETTING STARTED - OPERATING PROCEDURE

Start pedaling and the console will turn on. Use the UP/DOWN buttons to set up your user data by selecting any user U0-U4. Press the ENTER button to accept user selection. Press UP/DOWN buttons to toggle between genders. Press ENTER to accept. Use the UP/DOWN to set AGE then press ENTER. Use the UP/DOWN buttons to enter height in inches then presss ENTER to accept. Use the UP/DOWN buttons to input weight then press ENTER to select. See below for step by step instructions.

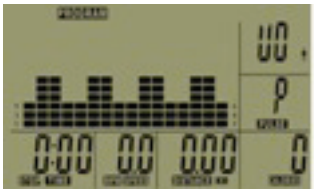
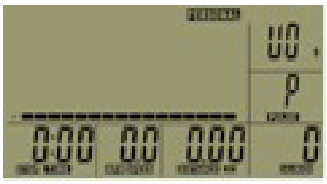
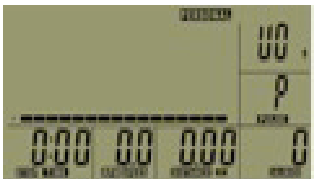
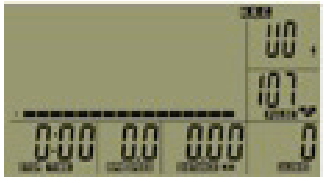
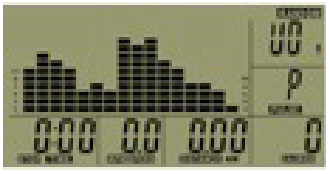
1. Press ENTER to confirm the USER, then enter the sex setting. The right side will displays SEX, use the UP/DOWN buttons to choose male or female.

2. Press ENTER to confirm the gender selection, then enter the AGE setting. The right side will display AGE, use the UP/DOWN buttons to select age setting.

3. Press ENTER to confirm the AGE setting, then enter the HEIGHT setting. The right side will display HEIGHT, use the UP/DOWN buttons to select the HEIGHT setting.

4. Press ENTER to confirm the WEIGHT setting, then enter WEIGHT setting. The right side will display WEIGHT, use the UP/DOWN buttons to select the WEIGHT value.

5. Press ENTER to confirm the HEIGHT setting, then enter the exercise program selecting page. Use the UP/DOWN buttons to select between the exercise programs below.

MANUAL	PROGRAM	FITNESS
		
WATT	PERSONAL	HRC
		
RANDOM		
		

NAVIGATING THE PROGRAMS

MANUAL MODE
User may preset their own resistance level from 1 to 24 by pressing the UP/DOWN buttons. The default resistance level is 1. Press ENTER to confirm. Using the UP/DOWN buttons enter values for TIME, DISTANCE, CALORIES, PULSE, and then press START to begin your workout.

PROGRAM MODE
There are 12 preset programs. Use the UP/DOWN buttons to select the desired program profile, then press the ENTER button to confirm. Use the UP/DOWN buttons to adjust the resistance level. Press ENTER to confirm. Enter values for TIME, DISTANCE, CALORIES, PULSE, and then press START/STOP to begin your workout.

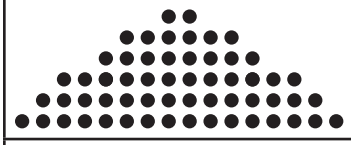
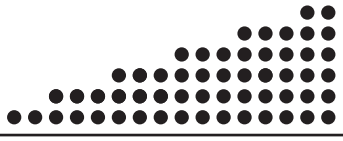
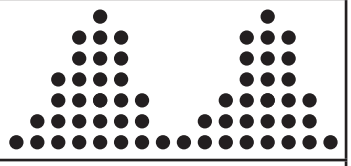
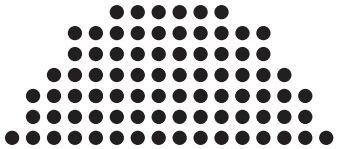
FITNESS TEST
Use the UP/DOWN buttons to select FITNESS and press ENTER. Press START/STOP to start the test. The user has to achieve the greatest distance possible in 8 minutes. When the time is up, the electronic device will work out the difference and your fitness rating will be displayed up on the screen.

PERSONAL MODE
Users may create their own profile in this mode. The first segment of the profile will start blinking. Use the UP/DOWN buttons to adjust resistance level for each segment. Once all 16 segments have been entered, press the ENTER button to confirm. Press START/STOP to begin your workout.

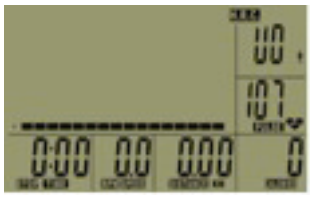
WATT CONTROL MODE
Enter values for TIME, DISTANCE, CALORIES, PULSE, and then press START/STOP to begin your workout. User may set the Watt value by pressing the UP/DOWN buttons to change in 10 Watt increments.

HRC MODE
Input personal data: SEX, AGE, HEIGHT and WEIGHT.
User may select different target Heart Rate from 55%, 75%, 90% and TARGET by using the UP/DOWN buttons. Press ENTER to confirm. Then, enter values for TIME, DISTANCE, CALORIES, and then press START/STOP to begin your workout.

PRESET PROGRAMS

P1	P2	P3
P4	P5	P6
		
P7	P8	P9
		
P10	P11	P12

HRC PROGRAMS (55%, 75%, 90%, TAG)

HRC 55%	HRC 75%	HRC 90%	HRC Target Heart Rate
			

TEST FUNCTIONS

RECOVERY TEST

Press the RECOVERY key to test HRC recovery speed. When in test mode, it will detect the HRC within 10 seconds. When finished, if there is no HRC displayed, the program will exit out of the HRC recovery mode. If there is HRC displayed, the workout will enter into 60 seconds HRC recovery.

Test result is shown below:

VALUE	CONDITION
F1	Best
F2	Very good
F3	Good
F4	Normal
F5	Bad
F6	Worse

FITNESS TEST

Enter FITNESS program and start the test. Test time is 8 minutes. Test result is below:

VALUE	CONDITION
F1	Very Good
F2	Good
F3	Fair
F4	Poor
F5	Very Poor

FUNCTION STATISTICS AND RANGES

ITEM	SCREEN SHOWN	RANGE	SETTING RANGE	PRESET VALUE	SAVE
1	SEX		MALE/ FEM		yes
2	AGE		10 - 100		yes
3	WEIGHT(METRIC)		20 - 330(Lb) 10 - 150 (KG)		yes
4	HEIGHT		36 - 84(INCH) 90 – 21 0(CM)		yes
5	TIME	0:00 - 99:59	0:00 - 99:00	0:00	no
6	DISTANCE	0.0 - 99.99	0.0 - 99.50	0.0	no
7	CALORIES	0 - 999	0 - 990	0	no
8	SPEED	0.0 - 99.9		0.0	no
9	PULSE	30 - 200 bpm		0	no

10	WATT	0 - 999		0	no
11	RPM	0 - 250 rpm		0	no
12	BRAKE RESISTANCE LEVEL		L1 - L24	L1	no

“WARNING! Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.

DOWNLOADING APPS AND PAIRING YOUR DEVICE WITH YOUR EQUIPMENT

DOWNLOADING THE SOFTWARE

Connect the Apple device with the App Store (iTunes) or your Android Device with Google Play, search for "Pafers", then read the APP introductions and Download the APPs with bicycle/elliptical machine functions to your device, for example Pedal Monitor or other applicable apps. *Note: if you download an APP for a treadmill and pair it with an Elliptical it will not work.*

- The App uses bluetooth mode, so please make sure the equipment and the device you are using both have bluetooth function.
- The App contains the following functions, the user must open the 3G network or wi-fi network:

(a) Managing Data - After completing the registration in the "Pafers" App, log on to your personal account. Now that you have registered you can record all of your workout data and save it to your device.

(b) Some APPs need connection to Google maps in order to function correctly.

PAIRING THE BLUETOOTH DEVICE WITH AN APPLE DEVICE

1. Place the Apple Device on the area in front of the LCD screen.
2. Enter into settings and turn Bluetooth on.
3. Your Apple Device will detect all Bluetooth devices within range (following on screen instructions), click on the appropriate bluetooth device name and confirm your connection.
4. After paired successfully, please start the APP within 2 minutes, if you do not, Bluetooth will automatically cancel the pairing. Please keep the Apple Device within a range of 2 meters for best quality connection. If you see “not connected,” please perform the above steps again.
5. Press the Apple Device home button, the screen will return to the desktop.
6. Start the APP you downloaded. When the APP connects with the equipment successfully, the APP screen buttons will unlocked. Start from APP interface using a variety of modes to control the exercise equipment. Pay attention to the APP instructions and function introduction. If you have need help with the APP, please browse the APPs download page description or contact Pafers for instructions.
7. When you are done using the APP, please press the HOME button on the Apple Device twice to close the APP.

PAIRING THE BLUETOOTH DEVICE WITH AN ANDROID DEVICE

1. Place the Android Device on the area in front of the LCD screen.
2. Enter into settings and turn Bluetooth on.
3. Your Android Device will detect all Bluetooth devices within range (following on screen instructions), click on the appropriate bluetooth device name and confirm your connection.
4. After paired successfully, please start the APP within 2 minutes, if you do not, Bluetooth will automatically cancel the pairing. Please keep the Android Device within a range of 2 meters for best quality connection. If you see "not connected," please perform the above steps again.
5. Press the Apple Device home button, the screen will return to the desktop.
6. Start the APP you downloaded. When the APP connects with the equipment successfully, the APP screen buttons will unlocked. Start from APP interface using a variety of modes to control the exercise equipment. Pay attention to the APP instructions and function introduction. If you have need help with the APP, please browse the APPs download page description or contact Pafers for instructions.
7. When you are done using the APP, please press main screen button on the Android Device twice to close the APP.

COMPATIBLE DEVICES

Android

Bluetooth & App Enabled Android Device

Apple Products

iPod touch (4th generation)	iPod touch (3rd generation)
iPhone 5	iPhone 4S
iPhone 4	Mini iPad
iPad	iPad 2

i.Concept Bluetooth products are compatible with Apple devices with iOS 5.1 or later. It is recommended to update iOS to latest version to obtain the best user experience.

iPad, iPhone, iPod, iPod classic, iPod nano, iPod shuffle, and iPod touch, is a registered trademark of Apple, Inc., in the United States and other countries.

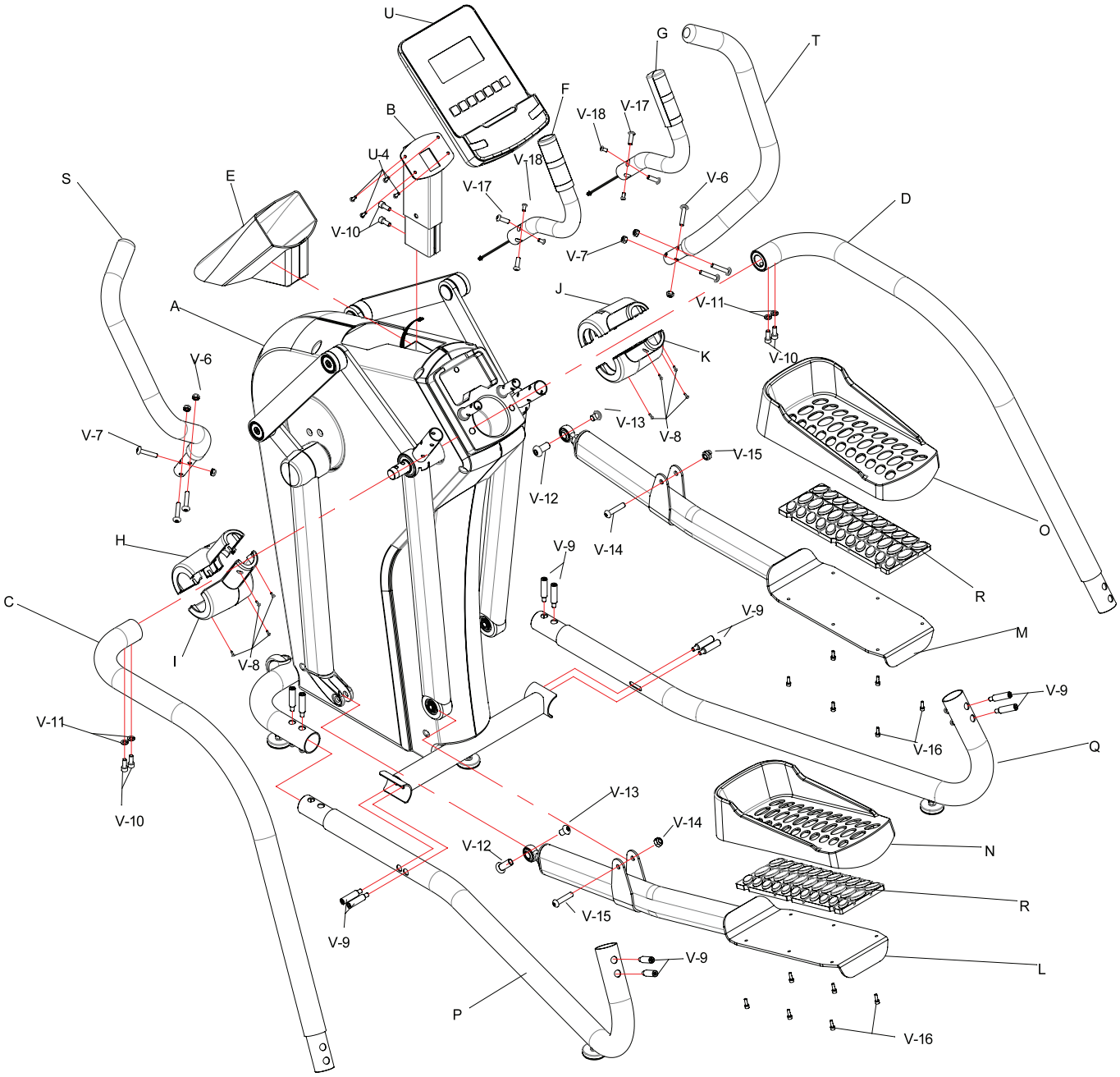
"Made for iPod," "Made for iPhone," and "Made for iPad" mean that an electronic accessory has been designed to connect specifically to iPod, iPhone, or iPad, respectively, and has been

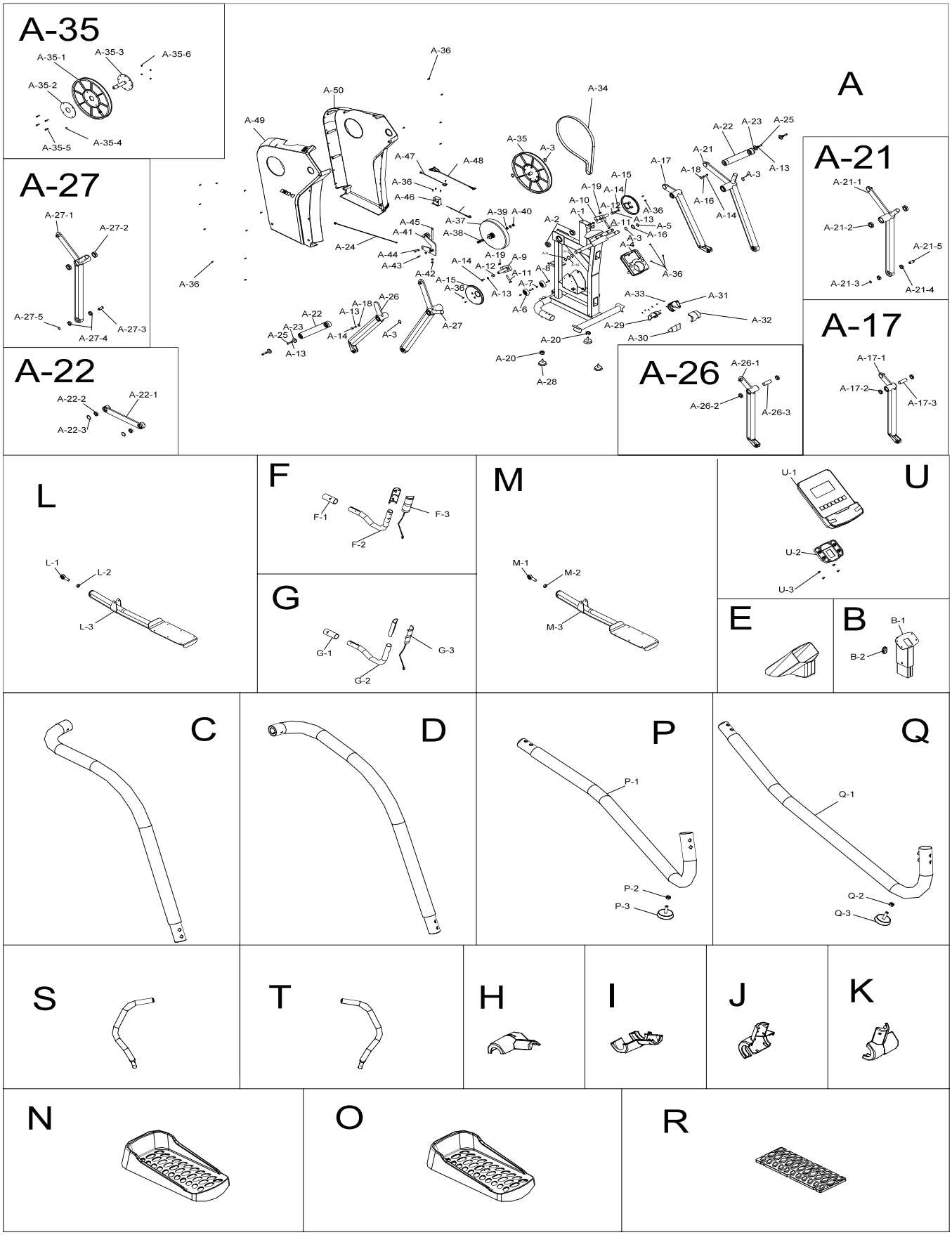
certified by the developer to meet Apple performance standards. Apple is not responsible for the operation of this device or its compliance with safety and regulatory standards. Please note that the use of this accessorywith iPod, iPhone, or iPad may affect wireless performance. iPad, iPhone, iPod, iPod classic, iPod nano, iPod shuffle, and iPod touch are trademarks of Apple Inc., registered in the U.S. and other countries.

MAINTENANCE AND CLEANING

Care has been taken to assure that your equipment has been properly adjusted and lubricated at the factory. It is not recommended that the user attempt service on the internal components. Instead, seek service from an authorized service center. However, you may clean the outer surface. Use a soft cloth, dampened with warm water. Do not use aerosol sprays or pump bottles as they may deposit sediments upon the console surface. The use of harsh chemicals will destroy the protective coating and cause a static build-up that may damage the some of the components.

EXPLODED VIEW DRAWING

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C
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P-2
P-3
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Q-2
Q-3
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R

PARTS LIST

To order replacement parts: provide your customer service representative with the product model number and the part number located on the Parts List below, along with the quantity you require.

No.	Description	Qty.		No.	Description	Qty.
A	Mainframe set	1		A-28	Adjustable foot cushion	3
A-1	Mainframe	1		A-29	Left pedal post connection tube front cover	1
A-2	Bearing	2		A-30	Left pedal post connection tube rear cover	1
A-3	Snap ring	6		A-31	Right pedal post connection tube front cover	1
A-4	Waterbottle holder	1		A-32	Right pedal post connection tube rear cover	1
A-5	Wave washer	4		A-33	Phillips screw	8
A-6	Moving wheel	2		A-34	Belt	1
A-7	Hex screw	2		A-35	Belt wheel set	1
A-8	Truss hex cavity screw	2		A-35-1	Belt wheel	1
A-9	Crank arm I	1		A-35-2	Belt wheel flange plate	1
A-10	Crank arm II	1		A-35-3	Crank arm	1
A-11	Hex screw	2		A-35-4	Magnet	1
A-12	Square flat washer	2		A-35-5	Hex screw with spring washer	4
A-13	Spring washer	8		A-35-6	Nylon nut	4
A-14	Hex screw	4		A-36	Cross head screw	29
A-15	Disk	2		A-37	Flywheel system	1
A-16	Flat washer	2		A-38	Flat washer	2
A-17	Pedal post set (Right)	1		A-39	Powder bushing	2
A-17-1	Pedal post (Right)	1		A-40	Nylon nut	2
A-17-2	Bearing	2		A-41	Tension post set	1
A-17-3	Bearing post	1		A-42	Hex nut	2
A-18	Flat washer	2		A-43	Hex screw with spring washer	2
A-19	Nylon	2		A-44	Tension spacer	2
A-20	Hex nut	2		A-45	Hex screw	1
A-21	Lower swing arm set (R)	1		A-46	Server motor	1
A-21-1	Lower swing arm jointing (R)	1		A-47	Computer wire (Lower)	1
A-21-2	Bearing	2		A-48	Computer wire (Middle)	1
A-21-3	Snap ring	1		A-49	Chain cover (L)	1
A-21-4	Bearing	2		A-50	Chain cover (R)	1
A-21-5	Bushing	1				
A-22	Pedal post connection plate set	2		B	Computer post set	1
A-22-1	Pedal post connection plate set	1		B-1	Computer post	1
A-22-2	Bearing	2		B-2	Rubber ring	1
A-22-3	Snap ring	2				1
A-23	Flat washer	4		C	Handle left connection tube	1
A-24	Motor wire	1				1
A-25	Hex screw	4		D	Handle right connection tube	1
A-26	Left pedal post set	1				1
A-26-1	Left pedal post	1		E	Computer post cover	1
A-26-2	Bearing	2				1
A-26-3	Bearing post	1		F	Left fixed handlebar set	1
A-27	Lower swing post set (L)	1		F-1	Handle sleeve	1
A-27-1	Lower swing post (L)	1		F-2	Fixed handlebar (L)	1
A-27-2	Bearing	2		F-3	Sensor & wire	1
A-27-3	Snap ring	1				
A-27-4	Bearing	2				
A-27-5	Bushing	1				

PARTS LIST

To order replacement parts: provide your customer service representative with the product model number and the part number located on the Parts List below, along with the quantity you require.

No.	Description	Qty.		No.	Description	Qty.
G	Right fixed handlebar set	1		U-4	Power Adapter	1
G-1	Handle sleeve	1				
G-2	Fixed handlebar (R)	1		V	Parts pack	1
G-3	Sensor &wire	1		V-1	Wrench l4	1
				V-2	Wrench l5	1
H	Left swing arm front cover	1		V-3	Wrench l6	1
				V-4	Wrench l8	1
I	Left swing arm rear cover	1		V-5	Wrench	1
				V-6	Truss hex screw	6
J	Right swing arm front cover	1		V-7	Nylon nut	6
				V-8	Phillips screw	8
K	Right swing arm rear cover	1		V-9	Hex screw	12
		1		V-10	Hex screw	6
L	Left pedal post set	1		V-11	Spring washer	4
L-1	Universal bearing set	1		V-12	Truss hex cavity screw	2
L-2	Hex nut M14	1		V-13	Truss hex screw	2
L-3	Left pedal post	1		V-14	Truss hex screw	2
				V-15	Nylon nut	2
M	Right pedal post set	1		V-16	Hex screw with spring washer	12
M-1	Universal bearing set	1		V-17	Truss hex cavity screw	4
M-2	Hex nut	1		V-18	Truss hex screw	4
M-3	Right pedal post	1				
N	Left pedal	1				
O	Right pedal	1				
P	Left connection tube set	1				
P-1	Left connection tube	1				
P-2	Hex nut m10	1				
P-3	Adjustable foot cushion	1				
Q	Right connection tube set	1				
Q-1	Right connection tube	1				
Q-2	M10 hex nut m10	1				
Q-3	Adjustable foot cushion	1				
R	Cushion plate	2				
S	Left swing post set	1				
T	Right swing post set					
U	Computer set	1				
U-1	Computer	1				
U-2	Computer connection cover	1				
U-3	Phillips screw	4				

WARRANTY

LIMITED RESIDENTIAL WARRANTY

BH North America will repair or replace, free of charge, at its option, parts that are defective as a result of material or workmanship. Lifetime replacement warranty coverage on frame and five (5) years on other parts. Labor warranty coverage is one (1) year. Warranty covers the original consumer purchaser only.

THIS WARRANTY DOES NOT COVER

- Pre-delivery set-up.
- Components that require replacement due to dirt or lack of regular maintenance.
- Expendable items which become worn during normal use.
- Repairs necessary because of operator abuse or negligence or the failure to operate and maintain the equipment according to the instructions contained in the Owner's Manual.

For more detailed warranty information or to register your product warranty easily online, visit our website at: **www.BHFitnessUSA.com**

FOR WARRANTY REPAIRS, PLEASE DO NOT TAKE YOUR MACHINE BACK TO THE RETAIL STORE. CONTACT BH FITNESS FIRST.

BH North America Corporation
20155 Ellipse
Foothill Ranch, CA 92610
Phone: 949.206.0330; Toll Free: 866.325.2339; Fax: 949.206.0013
Web: www.BHFitnessUSA.com
Mon - Fri 8am - 5pm PST